

## Introducing Solid Foods

### When can I start feeding my baby solids?

We usually recommend starting solids around 6 months of age. Before this age, breast milk or infant formula provides all the nutrition your baby requires.

Your baby may be physically ready to take solid foods if:

- Can sit with support
- Holds head straight up when sitting
- Turn head toward or away from food
- Appears interested in solids
- Drinking more than 36oz formula per day

Food	6 months		7-8 months		9-12 months
<b>Breast milk or formula</b>	4-5 feedings (up to 40oz)		3-5 feedings (24-32oz)		3-4 feedings (24oz)
<b>Type of Solids</b>	<b>Veggies</b> Peas, green beans, winter squash, sweet potatoes, carrots, summer squash, avocado	<b>Fruits</b> Peaches, pears, apples, banana, apricots, plums/prunes	← <i>plus this column:</i> <b>Whole grains</b> -quinoa or brown rice		← <i>plus this column:</i> <b>Eggs</b> (white part is usually most allergic)
	<b>PEANUT BUTTER</b> <i>following successful feeding of veggies, fruits &amp; yogurt may try small amount thinned peanut butter. Please schedule apt if your child develops any allergic reaction to further discuss.</i>	<b>Yogurt</b> Whole fat, organic			<b>Cheese</b> – mild, cottage
				<b>Dairy Products</b> – plain, whole milk (cheese)	
			<b>Veggies</b> Spinach, broccoli, cauliflower, cucumber	<b>Fruits</b> Mango, pineapple, papaya	<b>Meats</b> Pureed or finely ground chicken, turkey, beef, lamb, pork, lentils, white fish
			<b>Table Food</b> Teething crackers or biscuits, dry “o” cereal, puffs, soft cooked pasta		
<b>Texture of Solids</b>	Start with pureed, strained foods		Add coarsely mashed or finely chopped foods		Add more finger foods
<b>Amount Solid food</b>	2-8 tbsp of ¾ veggies and ¼ fruit given 1-2x per day		2 meals		2-3 meals

- When first starting give foods for 3-5 days to look for any type of allergic reaction. If none, then may proceed with that food and add the next food.
- Allergies & intolerances includes: a new skin rash, vomiting, diarrhea
- Babies do not need extra fluid in addition to their breast milk or formula
- Introduce a “sippy cup” with water during the day around 6 months
- Some babies enthusiastically take solids, but others need more time. If your baby simply refuses to take any food the first time, give them another week and then try again.
- Remember, Everything in moderation!
- Always feed your baby in a high chair without distractions (ie. TV, electronics)
- Family meals times are important especially after 9 months of age. The baby will take to eat what you are eating so remember to set a good example.